

SUNDAY MORNING

Music: Sunday Morning Coming Down by Johnny Cash.

Description: Intermediate: 64 count: 4 wall: Rotation ccw: 170 BPM.

Choreographer: Shanthie De Mel. Australia. Aug. 2012.

Note: Short Intro, only 2 counts. Start immediately on “ - - woke up”

This dance is dedicated to Christene of Kerang (The quiet, classy one)!

Thanks Christene for giving me this song. Happy dancing!

LOCK STEPS FWD RIGHT & LEFT WITH HOLDS.

1, 2, 3, 4 Step R fwd. Lock L behind R. Step R fwd. Hold
5, 6, 7, 8 Step L fwd. Lock R behind L. Step L fwd. Hold. (12:00)

CROSS ROCK. REP. BACK. HOLD. (TO BOTH SIDES)

1, 2, 3, 4 Cross rock R over L. Rep L. Step R back. Hold.
5, 6, 7, 8 Cross rock L over R. Rep R. Step L back. Hold. (12:00)

RIGHT HEEL & HEEL & TRIPLE STEP. HOLD.

1, 2, 3, 4 Touch R heel fwd. Step R tog. Touch L heel fwd. Step L tog.
5, 6, 7, 8 Step R in place. Step L tog. Step R tog. Hold. (12:00)

LEFT HEEL & HEEL & TRIPLE STEP. HOLD.

1, 2, 3, 4 Touch L heel fwd. Step tog. Touch R heel fwd. Step R tog. Hold.
5, 6, 7, 8 Step L in place. Step R tog. Step L tog. Hold. (12:00)

SIDE RIGHT. HOLD. BEHIND. HOLD. SIDE. HOLD. TAP. HOLD.

1, 2, 3, 4 Step R to right side. Hold. Step L behind R. Hold.
5, 6, 7, 8 Step R to right side. Hold. Tap L toe behind R. Hold. (12:00)

SIDE LEFT. HOLD. BEHIND. HOLD. SIDE. HOLD. TAP. HOLD.

1, 2, 3, 4 Step L to left side. Hold. Cross R behind L. Hold.
5, 6, 7, 8 Step L to left side. Hold. Tap R toe behind L. Hold. (12:00)

TOE. HOLD. HEEL. HOLD. TURNING 1/4 LEFT. (TO BOTH SIDES)

1, 2, 3, 4 Step back on R toe turning 1/8 left. Hold. Step down on R heel. Hold. (10:00)
5, 6, 7, 8 Step back on L toe turning 1/8 left. Hold. Step down on L heel. Hold. (9:00)

RESTART HERE: Facing 6:00 after Rotation 2.

SIDE. HOLD. TOUCH. HOLD (TO BOTH SIDES)

1, 2, 3, 4 Step R to right side. Hold. Touch L to R. Hold.
5, 6, 7, 8 Step L to left side. Hold. Touch R to L. Hold. (9:00)

ENDING OPTIONAL. At the end of the song, cross R over L & slow unwind to face 12:00.